

Four Corners Health Department Summary

Counties	Average age	Education		Race / Ethnicity		
Butler, Polk, Seward and York	38.4 years	H.S Grad / GED or Higher	86.4%	White, non-Hispanic	97.2%	(44,229)
Total population 45,500	Median income \$39,163	College Grad	17.7%	Minority	2.8%	(1,271)

Source: 2000 U.S. Census

Summary of Significant Differences (Compared to Nebraska)

- In the Four Corners area, four rates for the overall population were significantly better than Nebraska rates. Fewer respondents reported that their general health was “fair” or “poor” and they averaged fewer days when their physical health was not good. The proportion of adults engaging in “excessive electronic sedentary behavior” was lower than the statewide rate, as was the proportion of residents who felt unsafe from crime in their community.
- On the other hand, the average distance Four Corners residents need to travel from their homes to the emergency room at which they prefer to receive care is significantly higher than the average for Nebraska. In addition, a significantly smaller proportion of adults in this area stated healthy foods were “always” or “almost always” labeled at community restaurants.
- Significant differences were also noted for three indicators each among men and women. Men in this area were less likely to have a routine checkup or to say healthy foods were labeled at community restaurants, but were more likely to feel safe from crime in their community.
- Women in the Four Corners were also more likely than Nebraska women overall to feel safe from crime and were less likely to report excessive electronic sedentary behavior.

Health-Related Quality of Life

- Among Four Corners adults, 11.4% considered their general health “fair” or “poor.” Prevalence of fair or poor health was significantly lower in the Four Corners area than among Nebraskans statewide.
- The average number of days in the past month when Four Corners adults rated their physical health as “not good” (2.8 days) was significantly lower than the statewide rate.
- In the Four Corners area, respondents averaged 3.0 days in the past month when mental health was “not good.”
- Poor physical or mental health prevented area adults from participating in their usual activities an average of 2.8 days in the past 30 days.

Health Care Access

- Among Four Corners residents aged 18 to 64 years, 11.5% reported having no health care coverage.
- Among adults in this area, 14.9% did not have a personal doctor or health care provider and 8.8% stated that, at some time in the past year, they needed to see a doctor but could not due to cost.
- Two-thirds of the adults in the Four Corners area (66.1%) reported visiting a doctor for a routine checkup within the past year. Men in this area (48.8%) were significantly less likely than area women (83.2%) and than men statewide to have a checkup in the last twelve months.
- In the Four Corners area, the average distance from respondents’ homes to the closest emergency room (ER) was 7.5 miles. The average distance to the ER at which respondents preferred to receive care was 13.7 miles. This distance is significantly greater than the average for Nebraska.
- More than one-half of Four Corners adults (58.1%) reported no problems or barriers to getting medical care, other than cost.
- Among area residents who reported a problem getting medical care (other than cost), long waits (22.3%), work (21.2%), and not having insurance (11.4%) were mentioned most frequently.
- Four Corners residents most often cited a doctor (44.9%) as their primary source of information on health issues or illness. The newspaper (18.0%) and family or friends (10.5%) were also mentioned frequently. Women were more likely than men to use their doctor as an information source, while men were more likely to turn to the newspaper or family/friends for information.

Cardiovascular Disease

- Eleven percent of adults in the Four Corners area (11.0%) had ever been told they had a heart attack or stroke or that they have coronary heart disease. Men in this area (15.3%) were significantly more likely than women (6.8%) to have had a heart attack, stroke, or coronary heart disease.
- In the Four Corners area, 24.7% of adults had ever been told by a doctor or other health professional that their blood pressure was high.
- Adults in this area were much more likely to identify cardiovascular disease (87.1%) than they were to identify stroke (47.0%) as something untreated high blood pressure can lead to.
- The majority of Four Corners respondents (69.7%) had their cholesterol level checked during the last five years.
- Among area respondents who ever had their blood cholesterol level checked, 31.8% had been told it was high.
- During the past year, 16.8% of adults in the Four Corners area were certified to perform CPR.

Diabetes

- Among Four Corners residents, 8.0% of adults had ever been told they had diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

Cancer Prevention

- Two-thirds of area women aged 40 or older (65.1%) reported having a mammogram in the past two years.
- Only about one-fifth of adults aged 50 or older in this area (20.8%) had a blood stool test in the past two years.
- A greater proportion of adults aged 50 or older in the Four Corners area (46.6%) reported ever having a colonoscopy or sigmoidoscopy.

Asthma

- Eight percent of Four Corners area adults (8.0%) had ever been told they had asthma, while 5.4% currently have this disease.

Overweight and Obesity

- More than six of every ten Four Corners adults (61.3%) reported heights and weights that placed them in the “overweight or obese” category (Body Mass Index = 25 or higher). Those with a Body Mass Index of 30 or higher were classified as “obese”—21.5% in the Four Corners area.

Tobacco Use

- Nearly one-fifth of Four Corners area adults (19.3%) currently smoke cigarettes, either daily or on some days of the month.
- One-fifth of adults in this area (20.2%) are former smokers (that is, they have smoked at least 100 cigarettes in their lifetime but do not currently smoke). Women in the Four Corners area (11.4%) were significantly less likely than women statewide to have stopped smoking. Women in this area were also significantly less likely than men in the area (29.1%) to be former smokers.
- Among current smokers in the Four Corners area, 39.6% reported trying to quit smoking during the past year.
- Nearly three-fourths of the adults in this area (73.9%) said they have rules prohibiting smoking anywhere in their homes. Among adults who work indoors most of the time, 86.9% stated that their workplace’s official smoking policy does not allow smoking in any work areas.

Physical Activity and Sedentary Behaviors

- More than one-fourth of adults in the Four Corners area (27.8%) did not engage in any leisure-time physical activity (outside of work) in the past 30 days.
- Still, 46.7% of area respondents reported participating in physical activities that met the criteria for “moderate” or “vigorous” physical activity.
- One-third of Four Corners area respondents (33.6%) reported “excessive electronic sedentary behavior”; i.e., they engaged in television viewing (while sitting or lying down), video game system

use, or computer use (outside of work or school) for three or more hours during an average day. Prevalence of this behavior is significantly lower in Four Corners than it is statewide. Women in this area (30.6%) also were significantly less likely to report excessive electronic sedentary behavior than women statewide.

Nutrition

- Twenty-eight percent of Four Corners respondents (28.0%) consumed fruits and vegetables the recommended five or more times per day.
- Nearly four of every ten Four Corners area adults (39.4%) were knowledgeable about what “Five-a-Day” means, with women (49.8%) significantly more likely than men (28.6%) to know what this phrase means.
- Less than one-fifth of area respondents (18.1%) reported consuming dairy products three or more times daily.
- On average, Four Corners adults ate food from restaurants or fast food shops 2.1 times per week.
- Less than one-third of respondents (30.8%) rated foods at community events in this area as “always” or “almost always” healthy. However, the majority of respondents (61.4%) stated that the selection of healthy food at community restaurants and fast food shops was “somewhat good” or “very good.”
- The proportion of respondents (22.2%) who said that healthy foods were “always” or “almost always” labeled at community restaurants and fast food shops was significantly lower in the Four Corners area than statewide. In addition, a significantly smaller proportion of men in this area (14.8%) stated healthy foods were usually labeled, compared to women in the area (29.6%) and compared to men in Nebraska overall.

Alcohol Consumption

- In the Four Corners area, 56.0% of adults reported consuming at least one drink of alcohol in the past 30 days.

Injury

- Nearly one in nine adults in this District (10.8%) said they had fallen in the past three months.
- The majority of respondents in this area (88.6%) stated they “always” or “nearly always” wore a seatbelt when driving or riding in a car.
- Looking at households with a child aged 5 to 15 who rode a bicycle, 34.7% of adult respondents from these households said their oldest child “always” or “nearly always” wore a bicycle helmet when riding a bicycle.

Immunization

- Among Four Corners residents aged 18 and older, 29.1% got a flu vaccination during the past year.

Oral Health

- About three-fourths of Four Corners adults (73.6%) saw a dentist or dental clinic in the past year.

Women’s Perceptions of Health Threats and Causes of Death

- Less than one-third of women in this area (31.0%) identified cancer as the leading health problem facing women today.
- Only 23.1% of women in the area consider heart disease or heart attack the leading health problem facing women today. However, 62.1% identified heart disease/attack as the leading cause of death for all women.

Social Context

- Compared to the state overall, significantly fewer Four Corners area adults (1.2%) stated that they feel “somewhat” or “very unsafe” from crime within the one-mile area around their home. The proportions of men (0.5%) and women (2.0%) who feel unsafe from crime in their community were also significantly lower than corresponding rates in Nebraska.
- When asked about safety from traffic to walk, jog, run, or bicycle within a one-mile area around their home, 12.7% of Four Corners respondents reported it is “somewhat” or “very unsafe.”

Four Corners Health Department: Summary Table

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^c	
Health Related Quality of Life										
1. General health was 'fair' or 'poor'	435	11.4%	Lower	156	10.8%	Non-Sig	279	12.1%	Non-Sig	No
2. Average number of days (in past month) that physical health was not good	428	2.8	Lower	153	2.6	Non-Sig	275	3.0	Non-Sig	No
3. Average number of days (in past month) that mental health was not good	426	3.0	Non-Sig	155	4.1	Non-Sig	271	2.0	Non-Sig	No
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	192	2.8	Non-Sig	53	3.4	Non-Sig	139	2.4	Non-Sig	No
Health Care Access										
1. No health care coverage among adults 18-64 years old	288	11.5%	Non-Sig	112	15.1%	Non-Sig	176	7.7%	Non-Sig	No
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	435	14.9%	Non-Sig	155	20.8%	Non-Sig	280	9.1%	Non-Sig	No
3. Needed to see a doctor in past year but could not because of cost	438	8.8%	Non-Sig	157	10.1%	Non-Sig	281	7.4%	Non-Sig	No
4. Visited a doctor for a routine checkup within the past year	423	66.1%	Non-Sig	152	48.8%	Lower	271	83.2%	Non-Sig	Yes
5. Average distance in miles from home to the ER closest to home	434	7.5	Non-Sig	NA	NA	---	NA	NA	---	---
6. Average distance in miles from home to the ER they prefer to receive care at	423	13.7	Higher	NA	NA	---	NA	NA	---	---
7. Excluding cost, no problems or barriers to getting medical care	429	58.1%	Non-Sig	149	64.6%	Non-Sig	280	52.4%	Non-Sig	No
8. Three biggest problems or barriers to getting medical care, other than cost; among those who reported a problem or barrier										
Overall	171	1) Long Wait (22.3%)		2) Work (21.2%)		3) No Insurance (11.4%)		(Other= 25.5%)		
Men	45	1) Work (20.2%)		2) No Insurance (18.9%)		3) Long Wait (14.3%)		(Other= 30.9%)		
Women	126	1) Long Wait (27.4%)		2) Work (21.9%)		3) No Day Care (9.2%)		(Other= 22.0%)		
9. Primary source for getting information on health issues or illness										
Overall	413	1) Doctor (44.9%)		2) Newspaper (18.0%)		3) Family/Friends(10.5%)		(Other= 2.6%)		
Men	148	1) Doctor (38.0%)		2) Newspaper (23.2%)		3) Family/Friends (13.6%)		(Other= 2.1%)		
Women	265	1) Doctor (51.7%)		2) Newspaper (12.8%)		3) The Internet(8.5%)		(Other= 3.2%)		

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
Cardiovascular Disease										
1. Ever told they had a heart attack, stroke, or that they have coronary heart disease	430	11.0%	Non-Sig	155	15.3%	Non-Sig	275	6.8%	Non-Sig	Yes
2. Ever told blood pressure was high	436	24.7%	Non-Sig	157	26.3%	Non-Sig	279	23.3%	Non-Sig	No
3. Identified 'Stroke' as something untreated high blood pressure can lead to	438	47.0%	Non-Sig	157	48.6%	Non-Sig	281	45.5%	Non-Sig	No
4. Identified 'Cardiovascular Disease' (in any form) as something untreated high blood pressure can lead to	438	87.1%	Non-Sig	157	83.3%	Non-Sig	281	90.9%	Non-Sig	No
5. Had cholesterol checked during the past five years	426	69.7%	Non-Sig	154	64.2%	Non-Sig	272	75.2%	Non-Sig	No
6. Ever told cholesterol was high, among those who had ever been screened	356	31.8%	Non-Sig	120	36.7%	Non-Sig	236	27.8%	Non-Sig	No
7. Were CPR certified during the past year	436	16.8%	Non-Sig	157	12.5%	Non-Sig	279	21.1%	Non-Sig	No
Diabetes										
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	438	8.0%	Non-Sig	157	8.9%	Non-Sig	281	7.2%	Non-Sig	No
Cancer Prevention										
1. Among women 40+, had a mammogram in past two years	NA	NA	---	NA	NA	---	216	65.1%	Non-Sig	---
2. Among adults 50+, had a blood stool test in past two years	268	20.8%	Non-Sig	^	^	---	^	^	---	---
3. Among adults 50+, ever had a colonoscopy or sigmoidoscopy	269	46.6%	Non-Sig	^	^	---	^	^	---	---
Asthma										
1. Ever told they had asthma	437	8.0%	Non-Sig	157	6.9%	Non-Sig	280	9.1%	Non-Sig	No
2. Currently has asthma	435	5.4%	Non-Sig	157	5.7%	Non-Sig	278	5.0%	Non-Sig	No
Overweight and Obesity										
1. Overweight or Obese (BMI 25+)	415	61.3%	Non-Sig	152	71.6%	Non-Sig	263	50.5%	Non-Sig	No
2. Obese (BMI 30+)	415	21.5%	Non-Sig	152	23.7%	Non-Sig	263	19.2%	Non-Sig	No
Tobacco Use										
1. Currently smoke cigarettes (either everyday or on some days)	437	19.3%	Non-Sig	156	23.8%	Non-Sig	281	14.8%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Tobacco Use, cont.</i>										
2. Former cigarette smoker	437	20.2%	Non-Sig	156	29.1%	Non-Sig	281	11.4%	Lower	Yes
3. Current smokers who tried to quit during the past year	63	39.6%	Non-Sig	^	^	---	^	^	---	---
4. Smoking not allowed in home	436	73.9%	Non-Sig	157	69.2%	Non-Sig	279	78.7%	Non-Sig	No
5. Smoking not allowed in work areas, among those employed who work indoors most of the time	193	86.9%	Non-Sig	52	86.9%	Non-Sig	141	86.8%	Non-Sig	No
<i>Physical Activity and Sedentary Behaviors</i>										
1. Did not engage in any leisure time physical activity, outside of work, in past 30 days	438	27.8%	Non-Sig	157	34.6%	Non-Sig	281	21.3%	Non-Sig	No
2. Engage in the recommended amount of moderate or vigorous physical activity	394	46.7%	Non-Sig	140	39.2%	Non-Sig	254	54.2%	Non-Sig	No
3. Watch TV (sitting or lying down), play video games, or use the computer (outside of work/school) for 3+ hours per day	421	33.6%	Lower	152	36.5%	Non-Sig	269	30.6%	Lower	No
<i>Nutrition</i>										
1. Consumed fruits and vegetables five or more times per day	437	28.0%	Non-Sig	157	20.5%	Non-Sig	280	35.4%	Non-Sig	No
2. Knowledgeable about what '5 a day' means	436	39.4%	Non-Sig	155	28.6%	Non-Sig	281	49.8%	Non-Sig	Yes
3. Consumed dairy products three or more times per day	437	18.1%	Non-Sig	157	15.1%	Non-Sig	280	21.1%	Non-Sig	No
4. Average number of times per week ate food from restaurants or fast food shops	425	2.1	Non-Sig	151	2.4	Non-Sig	274	1.7	Non-Sig	No
5. Foods at community events were 'always' or 'almost always' healthy	437	30.8%	Non-Sig	157	34.0%	Non-Sig	280	27.7%	Non-Sig	No
6. Selection of healthy food was 'somewhat good' or 'very good' at community restaurants and fast food shops	432	61.4%	Non-Sig	154	61.6%	Non-Sig	278	61.2%	Non-Sig	No
7. Healthy foods were 'always' or 'almost always' labeled at community restaurants and fast food shops	432	22.2%	Lower	154	14.8%	Lower	278	29.6%	Non-Sig	Yes
<i>Alcohol Consumption</i>										
1. Consumed at least one drink of alcohol during the past 30 days	436	56.0%	Non-Sig	156	62.2%	Non-Sig	280	50.0%	Non-Sig	No

Indicators	Overall			Men			Women			Gender Difference Significant
	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	Sample Size (n) ^a	Weighted % or mean ^b	Compared to State ^d	
<i>Injury</i>										
1. Fell during the past three months	435	10.8%	Non-Sig	154	13.1%	Non-Sig	281	8.6%	Non-Sig	No
2. Injured due to a fall during the past three months, among those who fell	^	^	---	^	^	---	^	^	---	---
3. Almost' or 'nearly always' wore a seatbelt when driving or riding in a car	437	88.6%	Non-Sig	156	87.0%	Non-Sig	281	90.2%	Non-Sig	No
4. Oldest child wore a bicycle helmet 'always' or 'nearly always' when riding a bicycle, among adults with a child in their household (ages 5-15) who rode a bicycle	69	34.7%	Non-Sig	^	^	---	^	^	---	---
<i>Immunization</i>										
1. Got a flu vaccination during the past year	436	29.1%	Non-Sig	157	24.8%	Non-Sig	279	33.4%	Non-Sig	No
<i>Oral Health</i>										
1. Saw a dentist or dental clinic in past year	437	73.6%	Non-Sig	157	67.3%	Non-Sig	280	79.9%	Non-Sig	No
<i>Women's Perceptions of Health Threats and Causes of Death</i>										
1. Identified cancer as the leading health problem facing women today	NA	NA	---	NA	NA	---	280	31.0%	Non-Sig	No
2. Identified heart disease/attack as the leading health problem facing women today	NA	NA	---	NA	NA	---	280	23.1%	Non-Sig	No
3. Identified heart disease/attack as the leading cause of death for all women	NA	NA	---	NA	NA	---	280	62.1%	Non-Sig	No
<i>Social Context</i>										
1. Feel 'somewhat or very unsafe' from crime within the one-mile around their home	433	1.2%	Lower	156	0.5%	Lower	277	2.0%	Lower	No
2. It is 'somewhat or very unsafe' from traffic to walk, jog, run, or bike within the one-mile around their home	428	12.7%	Non-Sig	154	14.5%	Non-Sig	274	10.9%	Non-Sig	No

^a Non-weighted sample size

^b Percentage weighted by health district, gender, and age

^c Signifies if the district percentage/mean is significantly different from the State of Nebraska percentage/mean based on age-adjusted 95% confidence interval overlap

[^] Insufficient sample to calculate a reliable estimate

Note: Indicator definitions are available within Appendix-A; age-adjusted results per indicator, for all districts, are available within Appendix-B

Source: A Point in Time Study: Self-Reported Health Status of Nebraska Adults by Local and District Public Health Department Region, 2005